

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
MEATS	beef veal cow cheese mollusks, snail, clam, abalone, squid, mussel oyster, scallop, octopus.	poultry - chicken, duck, goose, turkey, pheasant, squab, partridge	pork lamb, sheep, cheese crustaceans - crab lobster, shrimp	fish rabbit venison moose
BEVERAGES	cow's milk pineapple juice coffee camomile tea	papaya juice grape juice tomato juice cranberry juice	goat milk orange juice grapefruit lemon juice lime juice	barley coffee peach prune apricot green tea, pekoe tea apple juice pear juice
VEGETABLES	dried beans string beans lentils pea alfalfa breadfruit mushroom plantain squash zucchini veg marrow cucumber lettuce artichoke dandelion oysterplant (salsify) endive escarotile	potato tomato eggplant red pepper green pepper chili pepper dulse/kelp asparagus onion chives leeks corn avocado	beets spinach swiss chard bamboo shoots chinese water chestnuts capers parsley parsnip carrot celery jerusalem artichoke	sweet potatoes yam pimento okra olive cabbage cauliflower broccoli brussel sprout turnip kale radish collard chinese cabbage watercress cassava yucca malanga
FRUITS	rhubarb banana pineapple tamarind fig honeydew melon watermelon mango pumpkin	papaya grapes, raisin raspberry blueberry strawberry persimmon	orange grapefruit lemon lime tangerine date	guava lichi nuts plum, prune cherry peach apricot currant pomegranat apple pear

GRAINS AND THICKENERS	wheat buckwheat taro, poi gelatine	rye potato flour hop agar agar corn millet	tapioca rice, wild rice	barley oats arrowroot cassava flour
NUTS	peanuts cashew pistachio	walnuts pecans sesame seeds pumpkin seeds	filberts hazelnuts sunflower seed pine nuts coconut	almonds chestnuts brazil nuts macadamia nuts
SWEETENERS	buckwheat honey clover honey	maple syrup/sugar corn sugar, glucose dextrose	date sugar	molasses sorghum barley malt
FATS	cow butter soya oil butter peanut oil butter cashew butter	sesame oil sesame butter walnut oil corn oil	goat butter coconut oil lard sunflower, safflower oil	olive oil apricot kernel oil cottonseed oil
FLAVOURINGS	licorice acacia fenugreek cocoa poppy seed yeast cinnamon bay leaf chicory	cayenne sesame seeds oregano mint thyme sage savory marjoram garlic onion nutmeg mace	vanilla ginger cardamon black pepper caraway tarragon cumin fennel dill coriander celery seed	mustard allspice paprika